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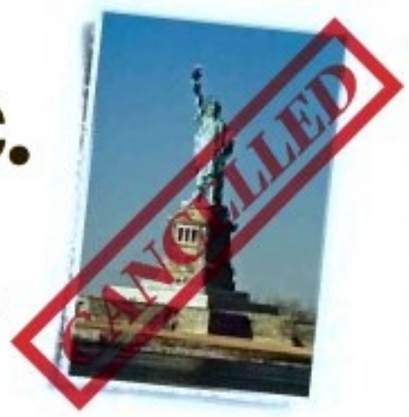

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Vancouver metro

Your essential daily news | TUESDAY, JUNE 21, 2016 | High 19°C/Low 12°C Cloudy

ROSEMARY WESTWOOD

Anger at root of golf gag not so 'good-natured'

metroVIEWS

WARRIOR POSE

Trauma-sensitive yoga helps women escaping violence

metroNEWS

COURTESY OF YOGA OUTREACH

City schools considered for closure

EDUCATION

Board chair says move may save district $8.8M per year

Matt Kieltyka
Metro | Vancouver

The Vancouver School Board has placed 12 schools on the chopping block.

Staff released a preliminary list of schools that are being considered for closure before the start of the 2017-18 school year to help bridge a $27 million budget shortfall and provincial utilization requirements.

Board chair Mike Lombardi said no decisions will be made until December at the earliest, after months of community consultations.

The list includes six elementary schools, four annexes and two secondary schools, all but one on the city's eastside.

The schools were chosen based on their seismic condition, the ability of other schools in the neighbourhood to accommodate the students and maintenance costs, among other factors.

If all 12 facilities are closed, the board would stand to save $8.8 million annually by 2018 (one of the schools on the list, Admiral Seymour Elementary, would not be able to close until the following school year because of seismic work being done at Strathcona elementary, where students would be transferred to).

"It's really important that everyone understand that this is a preliminary list. No decisions to close any schools have been made," said Lombardi. "It's now over to the community and trustees to listen to what parents have to say and see where we want to go with it."

In the meantime, Lombardi said the school board will continue to lobby the province for more education funding and to ease up on its 95 per cent utilization goal at VSB schools.

B.C. Education Minister Mike Bernier said enrollment at Vancouver schools has dropped 10 per cent since 2001.

Keeping underutilized classrooms open costs the district up to $37 million a year, he said.

"Instead of looking at decisions and looking at changing the funding going into empty seats, it continued to ask for more funding," he said. "Years and years of not making decisions has finally caught up to them. I'm encouraged the Vancouver School Board is finally moving forward and looking at how they best utilize their facilities and best utilize tax dollars."

He said closing schools may actually benefit students, suggesting that amalgamated schools could provide students with access programs that smaller schools can't.

EARLY LIST

- Queen Elizabeth Annex
- Champlain Heights Annex
- Tecumseh Annex
- McBride Annex
- Dr. A.R. Lord Elementary
- Admiral Seymour Elementary
- Graham D. Bruce Elementary
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2nd Flip - profit $8,000
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1 Purchased Duplex - $800/mth

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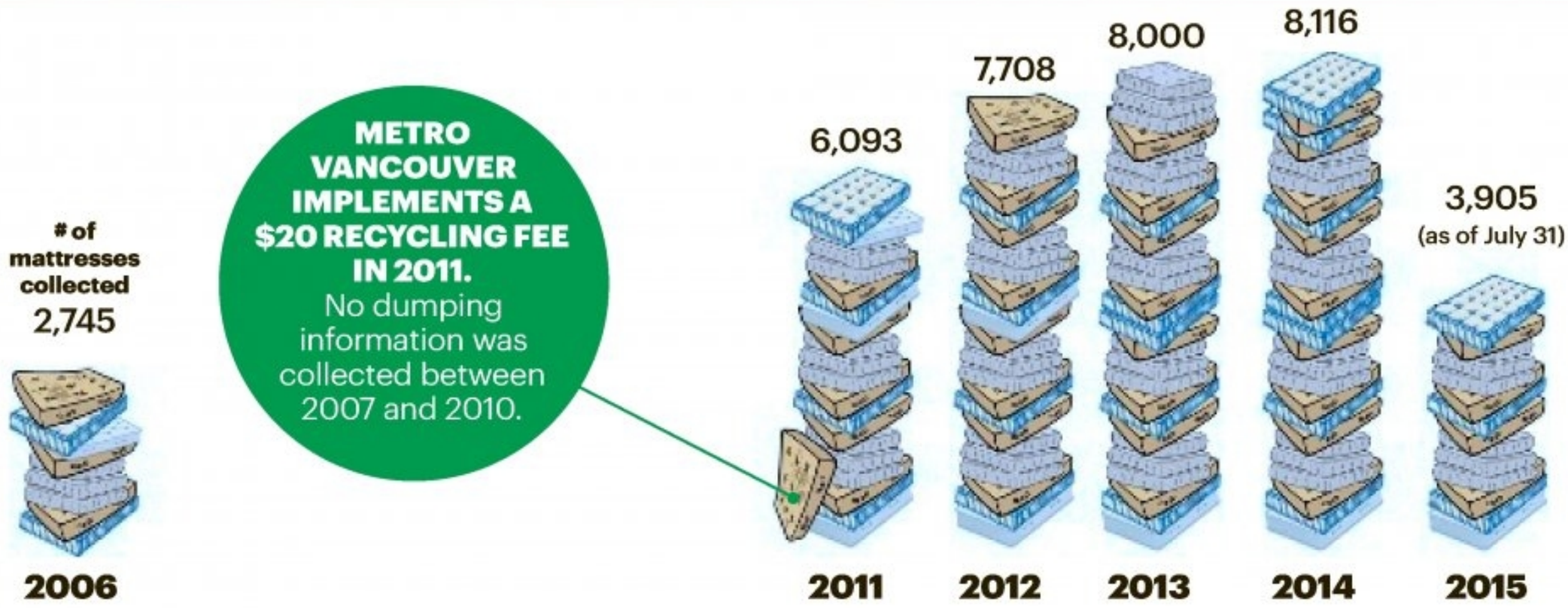
metro NEWS
Your essential daily news

Hasbro gives "Chewbacca Mom," who laughed so much on video that it went viral, her own action figure.



City firm on mattress scofflaws

PUBLIC SERVICES

Plan in works as illegal dumping increases 3-fold over 10 years

Wanyee Li
Metro | Vancouver

The number of abandoned mattresses in Vancouver's streets has increased by nearly three-fold in the past 10 years — a trend that has the city considering a mattress-pickup program.

The City of Vancouver says the problem started after 2011, when Metro Vancouver put a $20 charge on mattresses dumped at the landfill. People started dumping old mattresses in public spaces to avoid the recycling fee, said Albert Shamess, director of waste management at the City of Vancouver.

"People don't want to pay to dispose of it properly. It's cutting corners," he said.

The number of mattresses the city picked up annually went from fewer than 3,000 in 2006 to more than 7,500 in 2012, according to city data. By 2013, the city was picking up 8,000 or more abandoned mattresses every year, despite Metro Vancouver lowering the mattress fee to $15.

> As we build a city where people can walk everywhere, then we have to deal with some of these issues.
> Albert Shamess, director of waste management

The city is planning to tackle the problem with a two-pronged approach — heavier fines for people caught dumping mattresses on public property, and a door-to-door mattress pickup program to make it easier for people to dispose their mattress legally.

The waste management department is working on a pilot project for 2017 where Vancouver residents can call the city to pick up their mattress.

"Perhaps we can work with building management companies to put some kind of program in place," said Shamess.

But until then, residents must arrange for their own means of mattress removal or face a fine.

The department has collected $7,500 so far in fines this year and that number will probably go up this summer because the department is now able to issue tickets directly to people they find illegally dumping, according to Shamess.

The department previously had to go through the court system in order to issue fines.

The average fine for illegal dumping will cost the offender $2,500, said Shamess.

"It's enough to get people's attention and to stop them from getting the illegal dumping," he said.

The city also plans to install surveillance cameras in hot spots where illegal dumping is common, such as demolition sites and under bridges, said Shamess.

But the waste management director believes a small recycling fee is not the only reason why people are dumping old mattresses on the street.

An increase in bike lanes and greater density in some areas means fewer people have cars, which makes transporting mattresses an inconvenience, Shamess pointed out.

"As we build a city where people can walk everywhere, then we have to deal with some of these issues that are kind of unforeseen consequences of those changes," he said.

"What we're looking at now is what kind of adjustments we can make for city services to make up for that."

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Vancouver files for review of pipeline

ENVIRONMENT

City pushes energy board over expansion

Matt Kieltyka
Metro | Vancouver

The City of Vancouver is taking the National Energy Board (NEB) to court over its recommendation of Kinder Morgan's Trans Mountain pipeline expansion.

The city is seeking a judicial review at the Federal Court of Appeal, alleging the NEB hearings were flawed and "erred in law" on a number of fronts, including "failing to hear evidence on and take into consideration the (greenhouse gas) emissions from the development, marine transportation, processing, refining and consumption of the volume of oil proposed to be transported by the project."

The city also says the NEB failed to take into consideration the ecological consequences of an oil spill in the Burrard Inlet and Fraser River estuary.

Last month, the federal regulator endorsed the controversial $6.8-billion expansion project, with 157 conditions attached, in its recommendation to Ottawa.

In its decision, the board said the economic benefits of the project, which would increase oil tanker traffic in the Burrard Inlet seven-fold, outweigh the potential risks.

It concluded the project presents significant benefits to Canada, including increased access to diverse markets for Canadian oil, thousands of construction jobs and hundreds of long-term jobs, development opportunities for indigenous and local communities and considerable government revenues.

Vancouver's application calls for further decisions on the pipeline to be ceased until its call for judicial review is dealt with.

"The National Energy Board failed to properly consult local communities on the pipeline and tanker route, ignoring key pieces of scientific evidence showing the potential for real and catastrophic damage to local waters in the event of an oil spill," said Mayor Gregor Robertson in a statement Monday.

Green Party of Canada Leader Elizabeth May quickly backed the city's application.

"Today marks the beginning of what I hope will be a successful challenge to the NEB's review of the Kinder Morgan Pipeline expansion project," May said in a statement. "I wholeheartedly support and echo the concerns the city raised in their filing."

The city's application doubles down on those already filed by the Squamish Nation.

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BRENTWOOD DEVELOPMENT

Homebuyer hopefuls mostly don't qualify

Wanyee Li
Metro | Vancouver

Hundreds of people lined up over the weekend at the Concord Pacific presentation centre for a Brentwood development incentive for local first-time homebuyers, but the developer found that less than half of those people qualified for the program.

Of the first 100 people in line, only 25 qualified for the program after going through residency and bank cheques, said Grant Murray, senior vice-president at Concord Pacific.

The program offered a smaller deposit and a post-purchase gift worth about half a mortgage payment for a year to 50 people, aged 19 to 35, who had lived in B.C. for the past two years. People also had to be approved for mortgages — in other words, they had to have a job with a high enough income.

"We wanted to be very stringent on the qualifications," said Murray. "We wanted to give young families … the opportunity to purchase. We wanted to make sure we reached out to those people and made sure we did our due diligence."

Concord Pacific drew 60 names from a group of approximately 400 qualified applicants Sunday and is in the process of setting up appointments. The Brentwood development will be open for public sale, by appointment, on Wednesday.

Analysts say not much information is available on who buys real estate in the Lower Mainland, but this weekend's line demonstrates what young people in the region face when buying a home.

"Buyers from overseas are an important part of demand.... Baby boomers who are sitting on large home equity have become an important part, too," said Thomas Davidoff, an economics professor at UBC's Sauder School of Business.

While Concord is "subsidizing locals" through its first-time homebuyers program, it's not up to developers to help people, said Davidoff.

Over a hundred people lined up for an incentive toward the Brentwood development.
WANYEE LI/METRO

SURREY

Dog attacks woman

A 65-year-old woman was taken to hospital Monday morning after she was attacked in Whalley by a grey and white pit bull.

Surrey RCMP said the attack occurred at 10:20 a.m. in the 9100 block of 120th Street.

The woman was walking near a convenience store when the unleashed dog attacked her, unprovoked. She suffered serious injury to her forearm and was taken to a local hospital for treatment.

Police and Surrey's animal-control officers are trying to locate the dog and its owner, who fled the scene after the attack. The man is described as Caucasian and in his late 30s to early 40s. He has a heavier build and was wearing a black tank top, black sweats and a black baseball cap.

Anyone with information is asked to call RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-TIPS. JEFF HODSON/METRO

Arms wide for trauma victims

THERAPY

Pilot program promotes yoga for survivors of domestic abuse

David P. Ball
Metro | Vancouver

Women's anti-violence shelters across British Columbia are poised to offer a unique adaptation of yoga — one based on an understanding of trauma.

The B.C. Society of Transition Houses is rolling out the mat for a pilot project set to eventually bring "trauma-informed yoga" to 25 shelters across the province, starting with four initial sites, in hopes that the practice will better support women and children fleeing domestic abuse.

A pilot project is teaching trauma-informed yoga to clients and staff at 25 shelters across the province. CONTRIBUTED

For many women in transition houses across B.C., it will be their first experience with yoga at all, said the executive director of one of the first shelter organizations accepted into the program, Dixon Transition Society in Burnaby.

"I think it's going to be a first time for a lot of the clients," Pany Aghili told Metro.

"It's a different kind of yoga, though. It doesn't focus heavily on poses, and there's no correction. It's meant to support people to process their thoughts and tap into their inner strength."

Trauma-informed yoga does not ask participants to imitate a teacher; there are no set poses, instructions to follow or hands-on posture corrections that could trigger someone with trauma.

> **Yoga studios can feel not very accessible for some people.**
> Renée Turner

"With interpersonal and domestic violence, a large factor at play is coercion and control," said Sarah Holmes de Castro, Yoga Outreach's programs director and a yoga facilitator.

"We're talking about women who may not have had a lot of choice in their lives ... so we're offering everyone an invitation to participate as they want."

Therefore, participants at Yoga Outreach may not even use yoga mats but instead sit in chairs. And instead of difficult postures, many of the practices are much easier movements or basic meditation exercises.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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Artwork by children in DIVERSEcity Community Resource Society's counseling programs. The organization held a World Refugee Day event June 20. COURTESY DIVERSECITY COMMUNITY RESOURCE SOCIETY

Program offers tools to tackle trauma

REFUGEE DAY

For many newcomers mental health impacts endure

David P. Ball
Metro | Vancouver

Anyone who thinks a refugee's ordeal ends once they're safely settled in Canada is sorely mistaken, a Surrey refugee agency says.

Because many asylum-seekers have fled war abroad — some having been tortured, kidnapped, or witnessed unfathomable violence — those traumas can leave unseen scars that only surface once in a safer place.

Surrey is destination for nearly half of the more than 1,600 Syrian refugees arrived in B.C. since Nov. 4, and settlement agencies are now attempting to tackle an emerging mental health challenge.

"The first task for families after they arrive is, of course, to find housing, get their kids in school, learn English, and eventually look for work," said Corina Carroll, manager of counselling services for DIVERSEcity Community Resources Society. "But even unexpected things can trigger their trauma."

For some it might be a sense of smell or a fear of quiet, she said, or seeing a police officer.

Even as refugee settlement organizations scrambled to find homes for the influx of refugees from the Middle East over the past eight months, amidst sky-high B.C. housing costs, the mental health needs of the new arrivals became obvious.

But because of stigma around mental health issues, Carroll said, many refugees are reluctant to ask for support. Additionally, some mistake mental health for mental illnesses.

Post-traumatic stress disorder (PTSD) is just one of the impacts that war, violence, and exile can bear on a refugee. But Carroll — whose education is in child and youth care — added that children can carry an even greater burden if they suffered prior abuse. Repeated or prolonged exposure to traumatic situations or abuse can cause a condition known as complex PTSD, the effects of which are deeply rooted and long-lasting.

> **Think about what they've been through and their success stories. They go on to thrive. They're not just a label or a category.**
> Laura Mannix

Thanks to funding from the United Way, DIVERSEcity expanded its counselling services for refugees over recent months. But Carroll said it is important to not impose solutions or one-size-fits-all approaches.

In fact, despite having counsellors on staff, many of the refugee programs aren't labeled specifically for "mental health," but rather as groups to discuss life after settlement in Canada.

The agency offers both children and adult groups rooted in the idea of "empowering" refugees to understand and process their emotions.

The trauma treatment is based on helping clients reconnect with their whole selves, because "trauma is carried in the body," she explained.

"We really try to help our clients draw on their own strengths and resources," she said. "Each refugee's needs and experiences are unique. But their resilience is incredible."

That resilience was showcased Monday afternoon at a DIVERSEcity event for World Refugee Day.

"It's a wonderful way to … learn about strength, resilience, and all the gifts refugees have to offer here in the community," Laura Mannix, the organization's Manager of Refugee and Specialized Programs, said in a phone interview. "That can get lost with the media hype about their vulnerability.

"But think about what they've been through and their success stories. They go on to thrive. They're not just a label or a category."

The event featured stories and performance by refugees from Latin America, Africa, the Middle East and Asia, and information about their journeys to Surrey.

From Nov. 4 to May 29, more than 300 Canadian cities have settled 27,580 Syrian refugees, according to Citizenship and Immigration Canada's website, 56 per cent of them government-sponsored.

Smoke fills the air as people drive out of Fort McMurray on May 3, 2016. GREG HALINDA/THE CANADIAN PRESS

Fort McMurray not sure about highway

WILDFIRES

Residents say missing route may not have had an impact

Ryan Tumilty
Metro | Edmonton

Residents of Fort McMurray believe a second road out of Fort McMurray would have helped with the community's evacuation from a massive wildfire in May, but aren't convinced it would have created a significant change.

Back in 2012, the then Progressive Conservative government announced plans to extend Highway 881 from Anzac into Fort McMurray.

At a cost of $150 million, the highway was proposed to connect into the city at Highway 69, which runs past the community's airport in the southeast portion of the city.

During the evacuation, approximately 50,000 people fled south along Highway 63. Many of them did so with flames right beside the road.

Gerald Wong said leaving on 63 was incredibly stressful.

"We were all driving through the flames. They weren't close — they were there. You could feel the heat in your vehicle," he said.

But while Wong said it would have been nice to have a different option, he said even if the roadway was there, he believes most people would have stayed on Highway 63.

"I don't think it would have made a huge difference with that amount of volume," he said.

Currently, Highway 881 curves to the west and links up with Highway 63 for about the last 40 kilometres into Fort McMurray.

Wong said the extension of 881 might help a bit, but all those vehicles leaving the community would eventually have run into each other to head south.

"It doesn't matter how you get to the bottleneck, you are going to end up at a bottleneck."

Debbie Hammond, executive director of the coalition for a safer Highway 63 and 881, agreed that during the disaster another route would not have had a big effect.

"You could have 10 or 15 highways coming out of the city, when there is a major disaster like that, I am not sure how much of a difference it would make," she said.

Still, Hammond said she hopes the government will invest in other upgrades to 881, like passing lanes and better intersections, because the highway will only see more traffic in the years ahead.

"Absolutely, 881 will become a much more travelled highway, because that region is growing, because of the resource in that region."

HEALTH

Blood-donation restrictions getting lowered for gay men

Health Canada is making it easier for gay men to give blood, so long as they have been celibate for one year.

Canadian Blood Services and Hema-Quebec will now be allowed to accept blood from men who have had sex with men as recently as one year ago.

"It's certainly a step in the right direction," Health Minister Jane Philpott said Monday.

"There is an incredible desire and certainly a commitment on the part of our government to work towards further decreasing that donor deferral period. We will be actually looking for mechanisms to be able to support that. The desire is to be able to have those deferrals based on behaviour as opposed to sexual orientation."

Health Canada is also giving the blood donation agencies $3 million to support that potential goal, she added. "We will putting part of that towards research on behaviour-based donor deferral programs."

Health Canada said the change comes after Canadian Blood Services and Hema-Quebec provided scientific data that the change would not compromise safety.

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From a refugee, with love

RESETTLEMENT

Syrian boy gifts immigration minister with a painted portrait

Minister of Immigration, Refugees and Citizenship John McCallum holds a painting that Hamza Ali, 13, presented him with in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Federal politicians meet a lot of people, but Syrian children don't meet a lot of federal politicians — let alone the same one twice, in two different countries, each a world apart from the other.

Hamza Ali, 13, remembers clearly the day last November when a trio of Canadian cabinet ministers trooped into an ad-hoc art gallery set up in the Zaatari refugee camp in Jordan.

Ali, one of the artists, shook the ministers' hands and explained the concept behind his gripping paintings of women and men struggling with life and the war in Syria.

Immigration Minister John McCallum told Ali he was struck by the symbolism of a painting showing a woman carrying a map of Syria on her back up a flight of stairs, a heavy red sky in the background.

> **Before, all our work was sorrowful. Now we've started painting happy things.** Mohammad Ali, Hamza's father

"Women do all the heavy lifting," McCallum remarked.

That painting now hangs in Health Minister Jane Philpott's office in Ottawa. McCallum didn't have one — until Monday.

The ministers left the camp and went on to open a massive refugee processing centre near Amman that would eventually see thousands of refugees interviewed and screened to come to Canada.

Five of them ended up being the Ali family.

Since February, they've lived in the national capital — Hamza utterly oblivious to the fact his painting was hanging in a high-powered government office just a few minutes away.

When his family was invited Monday to an event in Ottawa to mark World Refugee Day, he and his father decided to paint another.

The idea, they said through a translator, was to offer a thank you to the minister who may not have bought one of the paintings but — unbeknownst to the minister — had given them the gift of a new life in Canada.

When McCallum arrived at the event, he was guided over to the Alis.

He nodded when he was told he'd met them before, but then Ali's mother reminded him her son had been the boy with the paintings in the camp. McCallum's face lit up — and his smile grew even wider when Ali's father pulled a new painting out of a paper bag.

It was a portrait of the minister, a Canadian flag behind him and the words "thank you very much" across the top.

THE CANADIAN PRESS

GUN CONTROL

Massacre can't stop gridlock

A divided Senate blocked rival election-year plans to curb guns on Monday, eight days after the horror of Orlando's mass shooting intensified pressure on lawmakers to act but knotted them in gridlock anyway — even over restricting firearms for terrorists.

Meanwhile, Orlando gunman Omar Mateen identified himself as an Islamic soldier in calls with authorities during his rampage and demanded to a crisis negotiator that the U.S. "stop bombing Syria and Iraq," according to transcripts released by the FBI on Monday.

THE ASSOCIATED PRESS

Omar Mateen ASSOCIATED PRESS

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N.Y.C. closer to curbing Airbnb listings

Supporters of Airbnb hold a rally outside City Hall in New York in January 2015. THE ASSOCIATED PRESS

SHARING ECONOMY

Proposal seeks stiff fines for short-term rental ads

A proposal to outlaw online advertisements for short-term New York City apartment rentals on sites like Airbnb has cleared the state Legislature.

It's already illegal to rent out apartments for less than 30 days in the city.

The measure heading to Democratic Gov. Andrew Cuomo's desk would establish graduated fines of up to $7,500 US for advertising online or elsewhere for short-term rentals, which have expanded with online platforms.

"Airbnb has created a black market for illegal hotel operators," said Assemblywoman Linda Rosenthal, a Manhattan Democrat and bill sponsor. The practice reduces affordable housing for city residents, she said.

Josh Meltzer, Airbnb head of public policy, said lawmakers "cut a last-minute deal with the hotel industry" to pass the bill. He called it "a bad proposal that will make it harder for thousands of New Yorkers to pay the bills."

The penalties range from up to $1,000 US for a first offence, $5,000 US for the second and $7,500 US for the third.

Existing law prohibits owners or renters of apartments in multiunit buildings from renting them for less than 30 days unless they remain present. It permits having boarders or renting rooms.

Airbnb's analysis shows some 24,400 city hosts have made rentals.

THE ASSOCIATED PRESS

CANADA PENSION PLAN TALKS

Ministers reach agreement

Most of Canada's finance ministers reached an agreement in principle Monday to revamp the Canada Pension Plan, although Quebec and Manitoba have not signed on to the deal.

Under the agreement, which would go into effect in 2019, contributions for a typical worker earning about $55,000 would initially increase by $7 a month and employers would match those contributions.

The plan would be phased in over seven years until 2025 and it means when people retire their maximum annual benefits would increase by about one-third to $17,478.

Finance Minister Bill Morneau said they're going to improve the pension plan in a way that will make a difference to working Canadians.

> **I think we have reached a balanced approach to setting the objectives.**
> Mike de Jong

Ontario Finance Minister Charles Sousa said after the meeting that what they achieved Monday was for Canada's youth. "Today, this federal government has shown great leadership and great desire to do something of great benefit for our young people."

Sousa said the plan would replace the one his government had been working on.

British Columbia Finance Minister Mike de Jong said the plan is affordable for employees. "I think we have reached a balanced approach to setting the objectives."

A change to the CPP needs the consent of Ottawa and a minimum of seven provinces representing at least two-thirds of the country's population.

Sources say Ottawa made a major 11th-hour push in hope of securing enough country-wide support to boost the CPP and suggest Prime Minister Justin Trudeau was involved.

THE CANADIAN PRESS

STATISTICS CANADA

Shadow economy worth $45B

Statistics Canada says the underground economy totalled $45.6 billion in Canada in 2013, or about 2.4 per cent of gross domestic product.

The federal agency says more than half of the total can be attributed to three industries.

The largest, residential construction, accounted for 27.8 per cent, while retail trade accounted for 12.5 per cent and accommodation and food services 11.7 per cent.

Overall, underground activities related to household spending amounted to $2,156 per household in 2013.

Statistics Canada added that the underground economy as a proportion of GDP was relatively stable in every province and territory in 2013.

The agency defined the underground economy as economic activities, whether legal or illegal, that escaped measurement because of their hidden, illegal or informal nature. It excluded activities such as illegal drugs and prostitution.

THE CANADIAN PRESS

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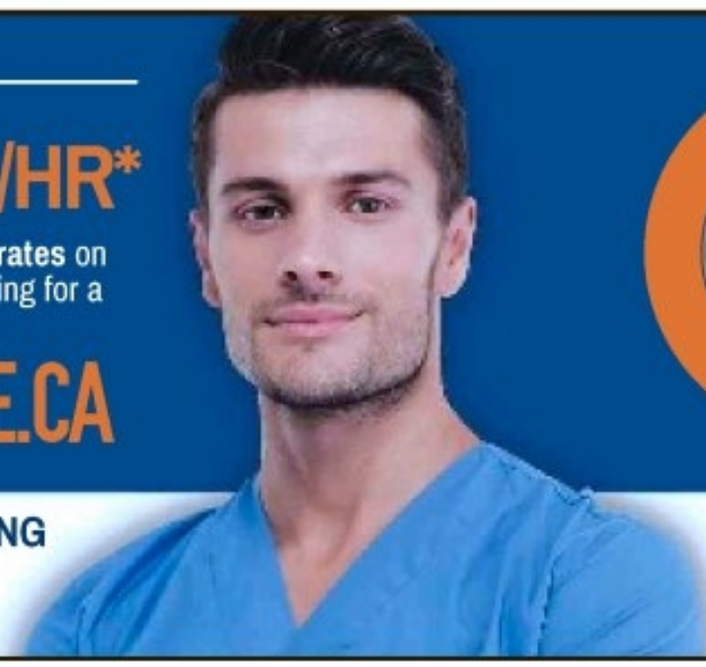
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Getting started right

Planning a budget can really pay off

ISTOCK

Sean Deasy

You're used to winging it — even when it comes to your money. But a little organizing can go a long way to helping you stay on top of your finances, manage your debts and build your savings. And it's easier than you might think. Here are some tips to get on the right track.

File your incoming bills in one readily accessible folder in order of due date. Book a regular date in your calendar to review and pay them, preferably at the same time and day every week or two. Store your sales receipts and ATM slips in a separate folder and check them against paper statements when you pay your bills.

Going digital is particularly convenient for the organizationally averse — it's banking done fast, with no fuss. You can pay your bills automatically by setting up pre-authorized debits for ongoing bills — hydro, heat, cellphone, etc. You can check accounts online to keep track of payments and balances. And you can track your bill statements to confirm accuracy, verifying amounts and due dates.

Not many of us would characterize tracking our personal finances as "fun." To make it less daunting, approach these projects like the pros: break them down into small, manageable tasks and tackle them regularly by logging times in your calendar as reminders. And motivate yourself to do them on time by rewarding yourself upon completion.

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Budget refinement

An organizational tune-up can help solidify your finances

ISTOCK

Sean Deasy

You always keep things in check, which includes staying on top of your finances — even on a daily basis. But there's always room for due diligence. Here are some tools and tips to enhance your budget strategy — and bolster its success.

You work hard for your money, so why not enjoy the fruits of your earnings by budgeting for the odd treat?

Even if you're vigilant about staying on top of spending, at times you may ask yourself, "Where does my money go?" There are tools online, such as cash-flow calculators, to get a clear indication of just where that cash is going — monthly and annually. By entering your information — including daily living costs, transportation and debt repayment — you'll soon see where the bucks go. You can then determine where your budget needs tweaking.

We all have goals for our savings — whether it's a family vacation, a down payment or a major purchase such as a car. And reaching them takes a plan. Check out online savings calculators that determine how much money you'll need to set aside to meet your (non-retirement) financial goal — and how long it'll take to get there.

You work hard for your money, and you watch your finances closely, so why not enjoy the fruits of your earnings by budgeting for the odd treat? After all, some discretionary spending — a new outfit, a weekend getaway — can make your fiscal prudence even more rewarding.

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metro VIEWS
Your essential daily news
Tuesday, June 21, 2016

ROSEMARY WESTWOOD
ON RACHEL NOTLEY'S GOLF-COURSE TREATMENT

Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

Grown men will be boys, as the saying goes.

So when the Big Country Oilmen's Association took an image of Alberta premier Rachel Notley's face and used it for target practice at their weekend golf tournament — well, "everybody had a good laugh," Ernest Bothi, the association's president, told media.

"It was good-hearted laughter," he clarified.

Perhaps he missed the Facebook video of a golf cart careening towards Notley's face and bowling it over, amid a soundtrack of unfriendly glee. "Good-hearted" also wasn't exactly the impression he left in the press. Bothi was "fed up" with the oil economy and frustrated at government, he told the CBC. "A lot of good people have invested their entire life into this industry and for what? So that a government can strip it away from us?" he said.

When asked if he was sorry, he countered with: "For what? For being frustrated? For possibly losing my home and possibly losing my business because of this government? No."

And there you hear real anger that inspired this "good-natured" golf gag.

Bothi later did apologize, after the story picked up steam and he learned British MP Jo Cox was murdered last week. His "timing was poor" and had he known, there would have been no Notley cameo at the tournament.

In making such a declaration, Bothi suggests he believes there's a link between symbolic, even joking, violence against women and actual violence against women, even if it only amounts to poor taste. But you can't have it both ways, sir.

Yes, sexism and violence against women are entwined, and that's why effigies of Rob Ford and Stephen Harper and Ralph Klein never made quite the headlines of the Notley prank. Bothi wasn't applying his judgment to the wider context, as we should. Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

But neither was the feminist outrage well measured. In the comment sections, the only people holier than the ones crying sexism were the ones seemingly blaming the newly empowered NDP for all but original sin.

In truth, at least according to Facebook (Bothi didn't respond to an interview request), anger — not good-naturedness and not sexism — seems to be at the root of the whole thing. Bothi's feed is populated by comments thick with personal jabs, sweeping criticisms and little nuance.

Albertans are a "gullible electorate" and Alison Redford is an "arrogant, lying, pork barrelling pig of a premier," a "Marie Antonette" (sic) whose party will hopefully show "the politically guillotine and cuter her bitumen bubblehead off."

Also, the Toronto media is "corrupt" for publishing Rob Ford's crack video, "most of the Libs and NDP's" on Parliament Hill are criminals and Justin Trudeau is a "pretty boy" and an "airhead."

This week, to the media, Bothi took a decidedly more measured tone. "I'm sure she's a wonderful person to sit and drink coffee with, but I just wish she'd have a change of heart on what she's doing, especially with this carbon tax," he said of Notley.

Likewise, I'm sure Bothi might be a nice enough man to have a beer with, and while I sympathize with the fear he and many oil workers must be feeling, I wish he'd have a change of heart on how he's behaving, especially with all this vitriol stuff.

The feminist outrage was not well measured. The only ones holier than those crying sexism were those blaming the NDP for all but original sin.

Metro POLL
Loving LeBron?

LeBron James has finally brought an NBA championship to Cleveland. In light of the historic win over the mighty Golden State Warriors — the city's first title in a major pro sport since 1964 — we asked what you think of King James's victory.

1 Were you glad or mad to see LeBron and his Cavs rally to win the NBA title?

- LBJ was the best player in this finals and last years as well You don't have to like him, but what he can do is undeniable.
- Not just his game, but his life was put under a microscope to overcome all the adversity is what greatness is made of.
- I was a LeBron hater but c'mon...
- I was angry because of the way he's played...dropping to the court if anyone brushed against him.
- He delivered on a promise and his emotions were so pure and heartfelt.

Mental Health Hub needs help to flourish

CITY HOLLER
Trish Kelly

Last week, Vancouver City Council voted to pitch in $1 million to help St. Paul's Hospital create a new Mental Health Hub.

The idea is to help visitors arriving with mental health or addiction issues get out of the regular ER and into a separate stream geared to their needs.

If you've ever been to an ER and suffered a long, uncomfortable wait, you might want to send a little thank you card or tweet of appreciation to city council for making the wise decision to support this innovative idea.

In the Mental Health Hub, patients will be connected to community supports like temporary housing, counselling and rehab. After seeing medical staff, they'll have a place to compose themselves. They'll have the space to make some calls and perhaps arrange for family or a friend to come take them home. Notably, they'll also have access to peer support, a chance to speak with someone who once stood in their shoes.

Mirroring a successful model used at St. Michael's, an urban Toronto hospital, the hub could greatly reduce the boomerang effect many mental health or addiction patients experience. Staff at St. Paul's note that, right now, some people will be seen in the ER and released, only to return hours later in the midst of another episode. That's hard to watch, and I can only imagine how hard it is live. It's also a huge drain on resources.

St. Paul's predicts that once the Mental Health Hub is fully operational, they can bring down the 10,500 mental health or addiction visits they currently handle annually to just over 5,000. The huge reduction is expected because deeper, better care for patients will reduce the number of patients paying preventable visits to the ER. Wait times, and the general feeling of dignity and safety will improve — both for the patients and the hardworking staff.

Of course, a hub that connects people to services only helps if those services have the bandwidth to handle more clients. It's like when Premier Christy Clark recently drew attention to her own early experience of sexual violence, and encouraged others who've experience sexual assault to come forward and access support.

Getting the word out that services are available is helpful, but doing so without increasing funding to the women centres and crisis centres who will see an increased demand as a result puts everyone in a bad spot.

The Mental Health Hub model is full of promise, but if the provincial government doesn't respond by making sure that detox facilities, transitional housing providers and other services mentioned by the hub have the capacity to handle increased demand, the system will default to just spinning its wheels.

Trish Kelly lives and writes literally in the shadow of the new St. Paul's campus. Follow her on Twitter @trishkellyc.

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metro LIFE

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Zika puts a damper on destination weddings

Sarah Jawad and her husband Moufid Jarjour cancelled their wedding in Mexico because of Zika fears. CONTRIBUTED

GUIDE

What you need to know ahead of your nuptials in faraway lands

Megan Haynes
For Metro Canada

Sarah Jawad's wedding almost turned into a $200,000 nightmare. Right after she mailed invitations to her Cancun nuptials, the Calgary resident started receiving concerned messages from attendees.

Zika had arrived on the Mexican shores.

The virus, which is spread through mosquitoes, can cause serious birth defects among pregnant women, and as a result is having a negative effect on everything from weddings, honeymoons and babymoons.

Much remains unknown about the virus, so women wishing to start families are being told to wait up to 10 weeks before trying to conceive. In Canada, only those who show symptoms can be tested, which leaves a lot of uncertainty for couples in limbo.

"I didn't want to put any of our loved ones at risk," says Jawad.

"If I were to find out one of them had a child with a birth defect (because) of Zika, I wouldn't be able to forgive myself."

Jawad and her fiance worked with their travel agent to try and bake in some protection for the wedding party to be able to cancel on short notice, should the spread of the virus worsen.

When neither the agent nor resort were able to offer a guarantee that her 80-plus guest list could get some sort of refund on their $2,000 per person trip should the situation worsen, the pair cancelled their dream wedding.

"That's almost $200,000 we and our guests (were) investing in our wedding," she says.

"But we were so frustrated by the generic answers we were getting, we didn't feel protected."

In the end, with only five months to go, Jawal changed their venue to Vancouver and started planning from scratch.

Thankfully, none of her guests had put in their deposits, and through negotiating she and her fiancé were able to recoup their funds for the wedding.

With more than 350 cases of confirmed Zika in Mexico, both the Canadian government and American Centre for Disease Control advise caution, recommending pregnant women and women who want to become pregnant avoid travel to the country at all and for everyone else, using mosquito spray liberally and covering up when outside, which Jawad says reinforces her decision to cancel.

Crystal Adair-Benning, owner of destination wedding firm Distinct Occasions, says while none of her clients have cancelled, the Zika scare is changing the discussion for many in the planning stages of their weddings. Hawaii, which so far remains Zika free, has become a lot more popular in recent months, she says.

For anyone who has booked (both bridal party and guests), they may only have their insurance to fall back on if the spread of Zika worsen, she adds.

Even then, most insurance will only cover the funds for the pregnant party's travel cost.

If the bride and groom cancel or make changes, insurance won't usually cover guests' costs.

Those who opt to move forward with their weddings in Zika zones, Adair-Benning recommends including bug spray and information guides in welcome kits, and making sure as much information is available to guests ahead of the big day.

While there is no social obligation on the bride and groom to refund their guests, there are some things to consider says etiquette expert Julie Blais Comeau.

Time is of the essence: as soon as a decision is made, guests have to be notified. For longer-leads (and when the invitation hasn't been sent out) a simple note saying the wedding has been postponed will do.

Couples are encouraged to disclose the reason ("Due to health risks associated with the Zika virus, we're making changes to our wedding plans,") though they don't have to tell people they're pregnant or starting a family, she says — that's up to the discretion (and comfort level) of the bride.

The closer you get to a wedding date, the more important phone calls become, providing as much detail as possible around the changes, she says.

In the event of a cancellation of the entire wedding, all presents (from the engagement to the bridal shower to the wedding itself) are to be returned — no exceptions, she says. Above all, however, Blais Comeau preaches understanding: "Yes, (guests) may have incurred some costs, but be patient," she says.

"It can't be easy to cancel a wedding for whatever reason."

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Would you Say No To This production?

Students at Wexford Collegiate School for the Arts in Scarborough, Ont., perform a musical number from the Tony-winning Broadway hit Hamilton earlier this month. MICHAEL ROBINSON

Copyright is really complex because technologically, the world has changed so much
Lawyer Bill Northcote

MEDIA LAW

School's ode to Hamilton runs afoul of Copyright Act

Genna Buck
Metro Canada

Lawyer Bill Northcote has a message for the high school students and teachers in Scarborough, Ont. who staged three numbers from the hit Broadway musical Hamilton, only to have them removed from YouTube:

Be willing to wait for it.

The musical — a hip-hop retelling of the life of founding father Alexander Hamilton — is not yet licensed for amateurs.

Reproducing it is infringement under the Copyright Act, said Northcote, chair of business law at Shibley Righton LLP in Toronto. And it doesn't matter that the play is American. The rules are essentially the same.

The singing, rapping and dancing chops of students from Wexford Collegiate School for the Arts earned accolades from around the Internet before the videos were taken down at the request of Hamilton's PR rep Thursday.

Although a takedown request or cease-and-desist letter usually does the trick in cases like this, the copyright owners could be within their rights to get a court order preventing the school from performing Hamilton any more and could seek damages (monetary compensation) for its unauthorized use, Northcote said.

That is, unless the Wexford kids could successfully argue they qualify for an exception.

One way would be through fair dealing: Copyrighted works may be used for research, private study, education, parody or satire.

Just how much copying is fair is defined case-by-case. Even a cover of a single song can be infringement, and "reproduction of the whole work is certainly not fair," in the case of a musical, Northcote said.

There's also a special exception for performances at schools.

But the show has to be primarily by students, for an audience of mainly students and teachers, on school property and not put on for profit. That's why lip-syncing to the Spice Girls at your school talent show is OK.

But Wexford students performed for the media and posted recordings to YouTube.

The more people see a grifted work, the higher the damages could be, Northcote explained.

Their rendition of the song Right Hand Man had 21,000 views.

This was students' and teachers' "love letter" to Hamilton, the school's artistic director Ann Merriam told Torstar News Service. They wanted to catch the attention of its creators.

But they hoped it would be in a positive way.

Lin-Manuel Miranda, who wrote Hamilton and stars in the title role, often applauds and shares covers and tributes on social media, and says he's read all the Hamilton fan fiction online, from "the cuddliest to the filthiest."

That's not the same as waiving intellectual property rights, Northcote explained, but could encourage "a false sense of comfort that he won't mind."

It's reasonable to hold off on allowing amateur productions, he added, especially while Hamilton is still booming on Broadway. It's part of the creators' rights to cash in on the time and effort they put into making it.

U.S. and international tours of Hamilton are planned into 2018 and beyond. So it will likely be years before it's heard at high schools.

Current secondary students — young, scrappy, hungry and Hamilton-crazy as they are — may not get their shot at it. WITH FILES FROM TORSTAR NEWS SERVICE

PRICEY PROSPECT

The cost of reproductions
Staging a play at school can get pricey. For example, Hamilton composer Lin-Manuel Miranda's 2008 musical In the Heights would cost $1,700 to stage if the school wanted to do three shows for an audience of 150 at a ticket price of $10. That's according to R&H Theatricals, which licenses the musical to amateurs.

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FILM

Yelchin SUV was part of recall

The SUV that rolled down a driveway and killed Star Trek actor Anton Yelchin was being recalled because the gear shifters have confused drivers, causing the vehicles to roll away unexpectedly, government records show.

Yelchin, 27, a rising actor best known for playing Chekov in the rebooted series, died Sunday after his 2015 Jeep Grand Cherokee pinned him against a mailbox pillar and security fence at his home, Los Angeles police said.

The 2015 model-year Grand Cherokees were part of a global recall of 1.1 million vehicles announced by Fiat Chrysler in April, National Highway Traffic Safety Administration records show. The recall was urged after complaints from drivers who had trouble telling if they had put the automatic transmissions in park. If they were not in park and a driver left the vehicle, it could roll away.

Fiat Chrysler, which makes Jeeps, said in a statement Monday that it was investigating and it was premature to speculate on the cause of the crash. It offered sympathies to Yelchin's friends and family.

Investigators were looking into the position of Yelchin's gear shift at the time of the accident, Officer Jane Kim said. The actor had gotten out of the vehicle momentarily, but police didn't say why he was behind it when it started rolling.

Star Trek actor Anton Yelchin. THE ASSOCIATED PRESS

Yelchin's friends found him after he failed to show up for an audition early Sunday.

Coroner's officials ruled Yelchin's death an accident after an autopsy. The results of any toxicology tests would not be known for months, coroner spokesman Ed Winter said.

Yelchin's death tragically cut short the promising career of an actor whom audiences were still getting to know and who had great artistic ambition. Star Trek Beyond, the third film in the series, comes out in July.

Director J.J. Abrams, who cast Yelchin in the franchise, wrote that he was "brilliant ... kind, and supremely talented." His death was felt throughout the industry.

"What a rare and beautiful soul with his unstoppable passion for life," said Jodie Foster, whose 2011 film The Beaver co-starred Yelchin. "He was equal parts serious thinker and the most fun little brother you could ever dream of."

"He was a ferocious movie buff who put us all to shame," said Gabe Klinger, who directed Yelchin in the upcoming film Porto, likely to be released this fall. "He was watching four or five movies every night."

Yelchin began acting as a child, taking small roles in independent films and various television shows, such as ER, The Practice, and Curb Your Enthusiasm. His breakout big-screen role came opposite Anthony Hopkins in 2001's Hearts in Atlantis.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy that's frisky, female — and funny

THE SHOW: Baroness von Sketch Show, Season 1, Episode 2
THE MOMENT: The nude locker room

Baroness von Sketch Show takes us to places that we don't normally go. THE CANADIAN PRESS/HANDOUT

"Happy 40th birthday!" a gym attendant greets a patron. The attendant leads the patron past her usual locker to a special room, filled with women of all shapes: stark naked. "I'm not comfortable with that much nudity!" the patron protests. "Aren't you?" the attendant asks. The patron looks down. Her clothes have disappeared. "I am!" she cries. "But how?"

"Welcome to your 40s," the attendant says. "Welcome to not giving a s— at the gym."

The other women cluster around, greeting her. "In five years you'll be giving unsolicited life advice to perfect strangers," one says.

"The mental space that's freed up by not giving a s—, it's delicious," says another.

"Modesty is for them," a woman says, gesturing to two 20-somethings in towels. "You're in a better space now."

Is there such a thing as gender in comedy? Should there be? The four comedians who write and headline this series — Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen — aren't doing bits only for women or that only women can get.

But they do take us into places we don't typically go and explore them from points of view (women in a boardroom) we don't normally hear. Is that because they're women? I think so. Sue me.

The only question that ultimately matters, however, is the easiest one to answer: Is this show funny? Very.

Baroness von Sketch Show airs Tuesdays, 9:30 p.m. on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Wales kicks Russian tails

EURO 2016
GROUP STAGE

Bale scores 3rd goal of tourney as Dragons win Group B

GROUP B In Toulouse

3	0

Wales advanced to the European Championship's knockout stages as group winner after comprehensively beating Russia 3-0 on Monday.

Goals from Aaron Ramsey, Neil Taylor and Gareth Bale, his third in consecutive games at Euro 2016, ensured that Wales won Group B ahead of England, which could only draw 0-0 with Slovakia.

Ramsey opened the scoring in the 11th minute after a quick counterattack, chipping the ball over the advancing goalkeeper. Taylor doubled the advantage nine minutes later after slotting in a rebound, his first international goal. Bale then made it 3-0 in the 67th minute with an audacious shot that makes him the tournament's leading scorer.

"It's probably the best performance I've been involved in with Wales," said Bale. "To top the group, what more can you ask? We said we didn't want to make the numbers up. Well, we can't do any more than win the group."

For Russia, defeat meant its time at Euro 2016 is over and coach Leonid Slutsky gave a major hint that he won't be the man in charge for much longer. The team, which only earned one point in a disappointing campaign, will now focus on the World Cup, which it is hosting in two years.

"I think after a type of tournament like this, you need someone else to take charge of the national side for major competitions," Slutsky said after the match.

Russia, which needed to win the match to have any chance of progressing, took a more attacking posture at the Stadium de Toulouse. But its attacking forays left space for Wales to strike on the counterattack.

Wales' Gareth Bale, left, scores past Russia goalkeeper Igor Akinfeev on Monday in Toulouse, France. PETR DAVID JOSEK/THE ASSOCIATED PRESS

We have had the majority of the possession and today we have dominated play from start to finish and we couldn't unlock the door.
Defender Gary Cahill of England, which still advanced to the knockout stage

Welsh supporters, in a sea of red around the Stadium de Toulouse, chanted "Don't take us home! Please don't take us home!" during the match. But as the match went on, they confidently chanted "We are top of the league" and now look forward to an encounter in the knockout phase.

OUTSIDERS
The tournament is Wales' first major competition since the 1958 World Cup.

"Overall it was a fantastic performance and we topped the group, which no one would have seen coming," Ramsey said. "Now that we're through we want to see how far we can go," Ramsey said. "Anything can happen in the next matches."

THE ASSOCIATED PRESS

SOCCER

Voyageurs Cup a top priority for Caps, TFC

The Amway Canadian Championship can get lost amid a busy Major League Soccer season, Greg Vanney says.

But the Toronto FC coach has the Canadian derby pencilled in at the top of his priority list for a number of reasons.

Toronto hosts the Vancouver Whitecaps on Tuesday in the opening leg of the two-game championship final. The series winner will hoist the Voyageurs Cup and earn a spot in the 2017-18 CONCACAF Champions League.

"It's very important," Vanney said Monday. "Just for our group, winning a championship is obviously one of the major goals. Also for our group, there's ambition to play an international sort of competition.

"And obviously too we want to establish ourselves as the best team in Canada."

Toronto defeated the Montreal Impact 4-2 on aggregate to advance, while Vancouver rallied to knock off Ottawa Fury FC 3-2 on aggregate. The series heads to Vancouver for the second leg on June 29.

The defending champion Whitecaps have no plans of giving up the cup.

"It's a Cup match and we have this trophy," said Vancouver midfielder Russell Teibert. "We remember all the great feelings that we had that came with winning. We want to replicate that this year." THE CANADIAN PRESS

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Rookies given crash course on transition

NFL

Seahawks go deeper with money matters, life decisions

Seahawks coach Pete Carroll talks with rookies at the team's training camp Monday in Renton, Wash. ELAINE THOMPSON/THE ASSOCIATED PRESS

Pete Carroll stood at the front of the auditorium just like he would for any other meeting as the head coach of the Seattle Seahawks.

But his words Monday were brief, poignant and directed just at his newest players. And they had nothing to do with what these rookies end up doing on the field.

"It's so important to us to help you guys figure out what is coming," Carroll said.

When the NFL did away with its rookie symposium in Canton, Ohio, it put the onus back on the teams to organize three days of rookie transition education after the completion of their minicamps and before players head off on their summer breaks. Seattle took it a step further, creating an education program that started following the completion of the Seahawks' rookie minicamp the second week of May and will conclude with the mandatory three days this week.

The reason for such an extensive program: The Seahawks don't believe three days is enough to adequately provide rookies with the information they need. It's education the team provided in the past, but now in a more formal program.

"They've been with us since May 9 so we had nothing but time," said Mo Kelly, vice-president of player development. "It's a redundancy type deal. They can never hear it enough. We've talked to them on finances, I don't know how many meetings we've had so far, but guess what? They're still going to make mistakes. They're still young men. They're still growing up. Imagine if you were 21 years old with a lot of money in your pocket. That's the thing I keep thinking about it is they're young individuals, they're going to make mistakes and we have to be here to help them when they make mistakes."

> **Everybody is asking them about spending money or getting money from them. Dealing with family and friends is really, really tough.** Mo Kelly, VP of player development

Seattle's program was opened to the media Monday and included a history lesson on the franchise and a panel discussion with former players Bryce Fisher, Jordan Babineaux, Marcus Trufant and Hall of Fame offensive tackle Walter Jones on the lessons learned and pitfalls to avoid as a young player entering the league.

Much of the conversation revolved around finances and the circle of friends and family suddenly looking for money.

THE ASSOCIATED PRESS

2026 WINTER GAMES

Calgary considering bid for Olympics

Calgary is looking at hosting another Winter Olympics.

City council voted to spend up to $5 million on an exploration committee to study a possible bid for the 2026 Winter Games.

Calgary was the host of the 1988 Winter Olympics.

The Canadian Sport Tourism Authority says it intends to raise private funds to defray the cost of the exploration committee's work.

"What council heard today is it's time. It's time to explore this bid in detail," Mayor Naheed Nenshi said. "What council endorsed today was an opportunity to go forward, spend a little bit of money, gather more data."

The International Olympic Committee will name the winning city for 2026 in 2019.

CSTA chairman Doug Mitchell, a Calgary lawyer and husband of Alberta Lieutenant Governor Lois Mitchell, says the organization has been working on a bid for two and a half years.

"I think we did a very thorough job to get to this stage," Mitchell said. "Now that we've got approval from city council, we'll look at additional financing for the first five million.

$188B

The organizing committee for the 2010 Winter Games in Vancouver and Whistler said those Games cost $188 billion.

"We wouldn't be doing this if we weren't satisfied that the IOC is going to look at existing facilities and coming back to original cities that have supported and had the Olympics."

1988 venues such as the Olympic Oval, Canmore Nordic Centre, and the sliding track at Canada Olympic Park still host international competition and serve as training centres of national teams. THE CANADIAN PRESS

IN BRIEF

CFL arrives in fantasy sports

Fantasy sports fans will soon be able to draft their favourite Canadian Football League players.

Online daily fantasy sports site DraftKings announced Monday that it will host CFL contests for the first time when the season kicks off June 23. THE CANADIAN PRESS

Upton lifts Tigers over Mariners in 12th inning

Justin Upton hit a line drive over the left-field wall in the 12th inning for his second home run of the game, lifting the Detroit Tigers to an 8-7 victory over the Seattle Mariners on Monday night.

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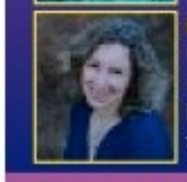

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RECIPE Pulled Pork Burrito Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Take last night's pork and whip up an entirely new meal.

Ready in
Prep time: 30 minutes
Cook time: 30 minutes

Ingredients
- 2 cups brown rice
- 1 large sweet potato, cubed
- 1/2 tsp chili powder
- 1 1/2 cups leftover pulled pork
- 1 tomato, diced and drizzled with a little olive oil and salt
- 1 avocado, cubed
- 1 bunch cilantro
- 1 1/2 cups frozen sweet corn
- 1 x 16 oz can black beans
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- Juice of one lime
- Handful of chopped cilantro
- 2 cups sour cream
- 1/4 cup lime juice
- 1/4 tsp chili powder

Directions

1. Preheat the oven to 400. Prepare brown rice according to directions; set aside.

2. In a bowl, toss the sweet potato with 1 Tbsp of the olive oil, the chili powder and salt. Roast sweet potato on a baking sheet for 15 minutes, check and flip; roasting another 10 minutes, or until cubes are tender and golden brown.

3. Cook corn according to directions. In a medium bowl, mix corn, black beans, garlic, the remaining olive oil and lime juice. Stir in the cilantro and season with salt.

4. Assemble bowls with brown rice, roasted sweet potato, tomato, avocado, black bean and corn salsa and leftover pulled pork. Drizzle with crema dressing and sprinkle with fresh cilantro.

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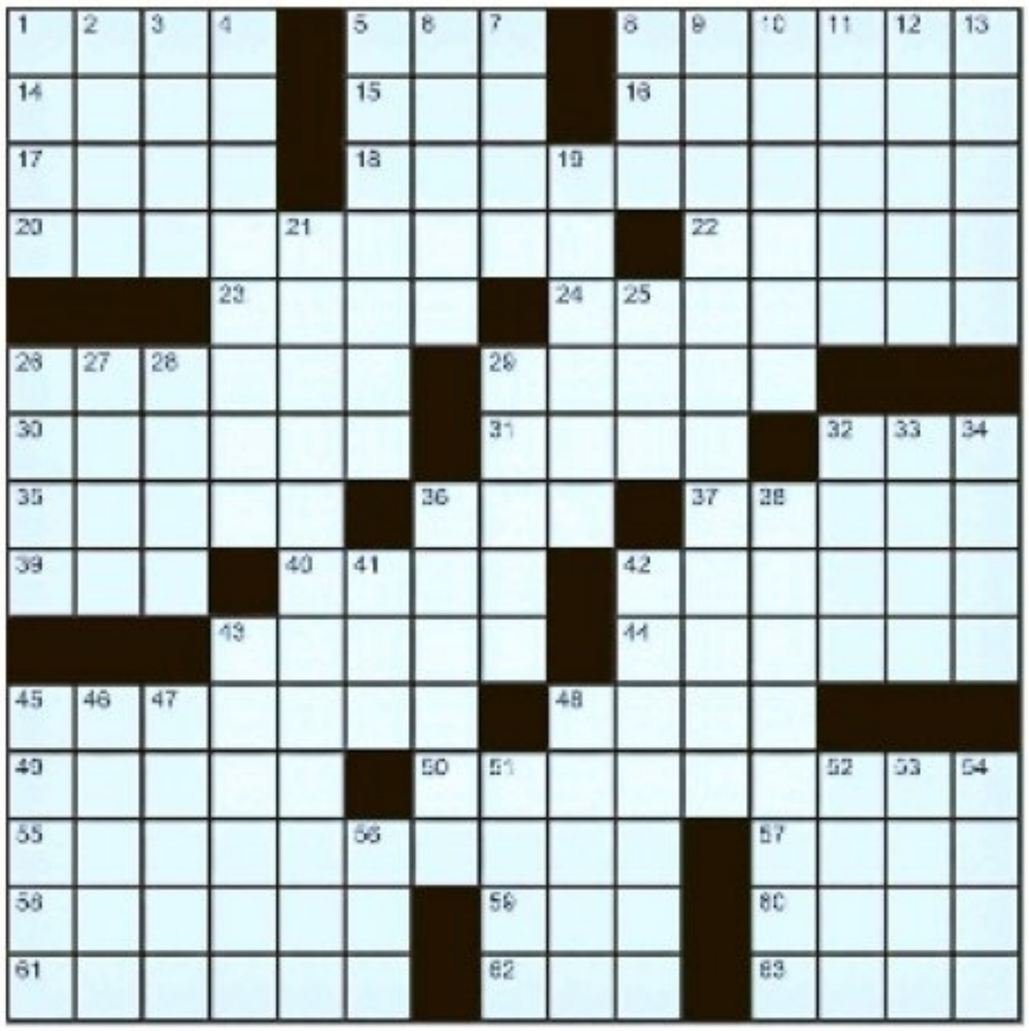
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Milwaukee's state [abbr.]
5. _ Boys (1886 Louisa May Alcott book)
8. Split-causing rift
14. 'Eight'-meaning prefix
15. Repeatedly in verse
16. _ Sound, British Columbia
17. Mr. Julia
18. Canadian _ Magazine
20. U-Haul rental: 2 wds.
22. Permeate-y
23. Silk: French
24. Cobie Smulders, for one
26. Innovative
29. "_ & Symphonies" by Canadian band Spoons
30. Alison of Bluegrass
31. Airline to Israel: 2 wds.
32. Zag's counterpart
35. Crooner Mel
36. 'Functional' finisher
37. "Strawberry Wine" by _ Carter
39. Prime meridian std.
40. Elvis Presley's father, to pals
42. "Donnie _" (1997)
43. Region's forest trees
44. Traditional observance
45. Baroque composer nicknamed 'The Red Priest'
48. Economize
49. Canadian singer Melissa
50. Slocan Lake village in British Columbia: 2 wds.
55. Surety
57. Theatrical try-out target
58. Funeral delivery
59. Ed Sheeran tune
60. Jessica _ (The Honest Company co-founder)
61. Glares
62. Painting's blue part, often
63. Don

DOWN
1. Fish bait
2. Flight-related UN Agcy.
3. R's followers...
4. Hamilton venue FirstOntario Centre, formerly Copps _
5. UNESCO World Heritage Site in Nova Scotia, _ Fossil Cliffs
6. "The Three Faces _ _" (1957)
7. Ancient promenade
8. Grad-to-be, briefly
9. Take a road trip, such as the Fundy _ _
10. Dreamers
11. "...ring _ _ wed."
12. _ class (Misses the lecture)
13. Famous store in New York
19. So cool, to a skateboarder
21. Archaeological discovery at L'Anse aux Meadows in 1960: 2 wds.
25. "Homeland" org.
26. Subj. at business school
27. Golds, in Barcelona
28. Bar game prop
29. Big name in insurance
32. Ms. Pitts of silent movies (b.1894 - d.1963)
33. Empire of Peru
34. The Ballad of Reading _
36. Alberta hamlet near Medicine Hat
38. Like freshly shucked oysters perhaps: 2 wds.
41. Past time, in past times
42. Mr. Cooper
43. Navy member
45. Voices, in Latin
46. _/_ tray (Office desk item)
47. Andorra la _ (Capital of Andorra)
48. Hilary of Hollywood
51. God of love of ancient Greece
52. Coyote's snack
53. Movie star Idris
54. Back
56. Mr. Pennington of TV home improvement, and namesakes

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you impress bosses, parents and VIPs. You also might be involved with work-related travel or dealing with people from other cultures and countries.

Taurus April 21 - May 21
Travel for pleasure is on your mind! (You love cruises.) Look for ways to get further training or education by signing up for a class or attending a school.

Gemini May 22 - June 21
This is a good day for a heart-to-heart discussion about inheritances, shared property and anything you own jointly with others. You'll come out smelling like a rose!

Cancer June 22 - July 23
Enjoy the company of partners and close friends, because people feel warmhearted today. In particular, you will enjoy talking to relatives and siblings.

Leo July 24 - Aug. 23
Co-workers are supportive today. At work, others will help you in whatever you are doing. Look for ways to boost your income, because you just might pull this off!

Virgo Aug. 24 - Sept. 23
This is a playful, social day. Accept invitations to party. Enjoy sports events, the arts and schmoozing with others. Fun activities with children also will please you.

Libra Sept. 24 - Oct. 23
This is a good day for important real estate discussions. Family gatherings will be positive and friendly. A spontaneous gathering might take place at your home. (Stock the fridge.)

Scorpio Oct. 24 - Nov. 22
Because you are in such a positive frame of mind today, all your communication with others will be successful. It's a great day for writers, salespeople, actors and teachers.

Sagittarius Nov. 23 - Dec. 21
Business, commerce and cash flow are favored today. Look for ways to expand your income or get a better job, especially if it involves foreign countries or foreign ownership.

Capricorn Dec. 22 - Jan. 20
This is a good day for business for you. It's also a good day to do anything that will promote domestic peace and happiness. You can't lose today!

Aquarius Jan. 21 - Feb. 19
Whatever you do today, you will have a warm feeling in your tummy, because everything is coming together nicely. Nevertheless, you will prefer to work behind the scenes or alone.

Pisces
Feb. 20 - March 20
Warm relations with friends and members of groups will help you achieve some goals today. A friend might introduce you to someone who will expand your world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2	3	7	8	5	6	4	9	1
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3	4	2	5	7	8	1	6	9
8	1	3	4	6	5	9	2	7
7	2	5	1	9	3	8	4	6
9	6	4	7	8	2	3	1	5

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